



2 - Essex C.O.C



8- Captain's Cup

Brief Notes

Paving in February and March will be performed on the **Hirase area of Main Base and will affect the parking areas and roads by Bldg. 80, the Harbor View Club, Shogun Cafe, the Navy Lodge and the Wisconsin Loop.**

The loop passes in front of Bachelor Enlisted Housing (BEH) Bldg. 1604 and PW63. This area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Contact ROICC at 252-3469 for more information regarding paving work.

Command Connections

Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. Direct your questions concerns to CFAS leadership!

University of Phoenix

The University of Phoenix Masters degree program begins March 9 with the Managerial Communication and Ethics. Don't miss this opportunity! Contact Kim Arthur at 252-3044.

USO Notes

The USO will have temporary hours beginning March 1 - 20. The USO Coffee Shop will be closed Monday through Thursday and open Friday & Saturday from Noon - 8 p.m and Sunday from Noon - 6 p.m.

AIU will be open their regular hours, 10 a.m. - 5:45 p.m.

The USO will resume normal hours Monday, Mar 21.

The **Sasebo Scrapper** will meet at the Hario Chapel's Fellowship Hall from 10 a.m. -2 p.m. and 5:30-9 p.m. the first Monday of the month. Bring your photos and mementos to put otgether your own special album. For more info contact Kimberly Shelton at 090-7388-1854.

USO is sponsoring a **quilt project** to benefit the Women's History Month banquet. Please contact Elizabeth Baker at 252-3592 or DJ Stanhope at 090-3012-5867 for more details.

For info on these or any other **USO programs** or services call Bridgett at 252-3866.

DUI Counter:
75 days as of March. 3

Honoring fallen comrades

JOC (SW/AW) Christina Johnson
USS Essex (LHD 2) Public Affairs

A memorial service was held in USS Essex' (LHD 2) hangar bay in remembrance of fallen Sailors and Marines of the 31st Marine Expeditionary Unit (MEU), Feb. 27, while the ship was anchored off the coast of Bahrain.

The 31st MEU spent the last six months in Iraq in support of Operation Iraqi Freedom. Forty-eight Marines and two Navy corpsmen lost their lives during the deployment to Iraq.

Essex Commanding Officer, Capt. J. M. van Tol, addressed the crew and said 31st MEU accomplished much during their time in Iraq, especially assisting with the crucial election in January.

"Sixty percent of the Iraqi people were able to vote, and their ability to this was because our Marines were there to help," said van Tol.

van Tol described how 11 service members were killed last fall, 31 more died in a helicopter crash last month and the others died during the day-to-day events in Iraq. "It is in their honor that we are convened here," he added.

Following the benediction by Lt. Rean Enriquez, Essex Chaplain, the name of each Sailor and Marine lost in Iraq was individually read by Culinary Specialist Second Class Jesse Nguyen, Machinist's Mate Second Class Ryan Helbick, and Aviation Boatswain's Mate (Handler) Second Class Aaron Young.

The solemn ceremony ended with taps being played and hand salutes rendered for the fallen shipmates.

Even though the Marines had a previous memorial service, Essex wanted to hold one on board to remind the crew



The Commander, Amphibious Squadron ELEVEN, the USS Essex (LHD 2) Commanding Officer, the 31st Marine Expeditionary Unit (MEU) Commanding Officer, the Essex Prospective Commanding Officer and the Essex Staff Chaplain, render a salute during a memorial service for members of the 31st MEU who were killed in action. Forty-eight Marines and two Sailors of the 31st MEU were killed during their recent tour in Iraq. Essex, forward deployed from Sasebo, Japan, is currently in the Gulf to pick up the remaining members of the 31st MEU. (Official U.S. Navy photo by Photographer's Mate 3rd Class, Travis M. Burns)

of the ultimate sacrifice that the 50 service members made for their country.

"These Marines and Sailors were our shipmates, and we wanted to do something to remember them and help bring closure for the crew before we embark the remaining members of the MEU," said Essex Command Master Chief Craig Morey.

Essex is the flagship for the Essex Expeditionary Strike Group currently deployed in the Persian Gulf. The Essex-

31st MEU team is wrapping up what will be an eight-month deployment that included several months in the Gulf for the ship and MEU.

Essex left the area for two months in support of Operation Unified Assistance, providing relief to victims of the massive tsunami tragedy in Southeast Asia, and is now back in the Gulf to pick up their Marines.

Groundbreaking signifies Exchange construction underway



A Shinto Priest preforms a blessing on the grounds of the NEX construction site Monday, Feb. 28. The groundbreaking ceremony is the first step in the construction of CFAS' new Navy Exchange. (Official U.S. Navy Photo by PH3 Marvin J. Thompson).

Naomi Sullivan
CFAS Public Affairs

The groundbreaking ceremony marking the beginning of construction for the Navy Exchange (NEX) took place Feb. 28. A Shinto priest from Miyazaki shrine came out to bless the grounds.

"The purpose of the ceremony is to bless the construction site," said Sandra Franklin, general manager of Sasebo's NEX.

Japanese nationals observe ceremonies of *Shinto* purification, called *harai*. These rites are performed before a building is constructed, and is a recognition that sins may occur during the construction, and a hope that the structure will fulfill its purpose.

Construction for phase one of the NEX is due to be complete by Jan. 2006. A model of the new design can be seen in the Fleet Exchange.

Essex holds change-of-command ceremony

JOC (SW) Christina Johnson
USS Essex (LHD 2) Public Affairs

Capt. Martin Keaney relieved Capt. J. M. van Tol. as commanding officer of the Navy's only forward-deployed amphibious assault ship, USS Essex (LHD 2), during a change of command ceremony Feb. 27. van Tol assumed command of Essex in August 2003. Under his leadership, the ship participated in numerous joint and multi-national amphibious exercises in the Pacific area of operations, and a six month deployment which included four months operating in the North Arabian Gulf in support of Operation Iraqi Freedom and two months transporting relief supplies off the coast of Sumatra as part of Operation Unified Assistance. Prior to turning over command to Keaney, van Tol told the crew it was a special privilege for him to have been the commanding officer of Essex, especially the past eight months during the last minute deployment to the Gulf and participation in moving relief supplies to

tsunami survivors. "Essex is a 'workhorse ship.' We spent 73 percent of last year deployed away from our homeport," said van Tol. He thanked the crew for their day-to-day kindness, general good spirits and optimism even with the arduous operational schedule. van Tol also assured the crew that with Keaney taking command, "Essex could not be in better hands." Keaney reported to Essex as Executive Officer in June 2003. This is his first tour as a commanding officer of a naval vessel. "I am proud and humbled to be your commanding officer," Keaney told the crew after assuming command. He said working for van Tol taught him a great deal, and it was a perfect situation for an aviator 'fleeting up' to command. A native of Port Washington, N.Y., Keaney graduated from the University of South Carolina with a Bachelor of Science Degree in Mathematics Education and was commissioned in May 1980. Designated as a Naval Aviator in July 1981, Keaney's tours have included numerous Helicopter Anti-submarine Squadron Light (HSL) squadrons, and ships including USS Moinester (FF1097), USS Carr (FFG52), and USS

T a r a w a (L H A 1) . Keaney's decorations include the Meritorious Service Medal with one silver star and the Navy and Marine Corps Commendation Medal with one gold star. Essex is the flagship of the Essex Expeditionary Strike Group, which includes USS Fort McHenry (LSD 43),

USS Harpers Ferry (LSD 49) and USS Juneau (LPD 10), all homeported in Sasebo. Essex is currently deployed in the North Arabian Gulf backloading the Marines and equipment of the 31st Marine Expeditionary Unit upon completion of their combat operations in Iraq.



The new Essex Commanding Officer thanks the crew during his speech given at the Change-of-Command ceremony held Sunday, Feb. 27 in the ship's hangar bay. Seated are (left to right) the Commander, Amphibious Squadron ELEVEN, the former Commanding Officer, and the Essex Command Chaplain, Cmdr. (Photo Released by Essex Public Affairs)

March is National Nutrition Month

Kay Blakley
DeCA Europe Consumer Advocate

With March being National Nutrition Month, you'll no doubt be hearing and reading lots of news about the recently published Dietary Guidelines for Americans and the Food Guide Pyramid, which is being revised to reflect those recommendations in more detail. In announcing the guidelines, government officials describe the new advice as very similar to what has been in place for the past five years – even characterizing it as "common sense." That very well may be, but the continued expansion of our collective American waistlines is a solid indicator that a disconnect exists somewhere along the line. Too little direct communication of easily understood, easily remembered and easily applied information is thought to be at least one of the culprits.

DeCA leaders – having always encouraged managers at all levels to be involved, contributing members of the military communities we serve – view this communication void as an opportunity to provide reliable dietary information to commissary customers. After all, on military installations commissaries are the primary suppliers of food for home consumption. When is a more appropriate time to have dietary information available than when you are grocery shopping?

DeCA has partnered with TRICARE to help carry out one component of its recently unveiled, DoD-wide "Healthy Choices for Life" campaign, aimed at ending tobacco use, promoting

responsible consumption of alcohol and curbing the growing trend of obesity among military families. DeCA's initiative – "It's Your Choice, Make it Healthy" – focuses on making sure commissary shoppers have information to guide them in making their food selection decisions. So what exactly does all this mean to you as a commissary shopper? Would it be helpful to have concise messages



available to remind you of exactly what qualifies as a "whole grain" product when you're selecting bread or cereal, or how you determine if a dairy product meets the guidelines for "low-fat" or "non-fat," or harder still, which cuts of fresh meat qualify as "lean?" Shelf signs are being developed right now by a joint-services team of nutrition professionals for almost every food category in the store. Watch for these to start appearing in the coming months at the commissary where you shop!

Would you appreciate the opportunity to tour the commissary with a nutrition

professional? They can break down all the information on a product's nutrition label into comprehensible terms, answer healthy choice questions specific to your personal circumstances, and clarify any points of confusion you might be dealing with. Such tours are most definitely part of our plan! Would you like to taste a new product before committing your hard-earned cash to a whole package of it? We can easily handle that! Look for healthy food fairs and product sampling opportunities to occur at your store regularly. Be sure to stay tuned as this initiative is rolled out. These are just a few examples, but there's a lot more to come.

A synopsis of "The Dietary Guidelines for Americans 2005" is available in the pamphlet "Finding Your Way to a Healthier You." For all the details, you can download your own copy from <http://www.healthierus.gov/dietaryguidelines>, but its major points, neatly packaged into three broad statements, are a good place to start:

Find your balance between food and physical activity. Calories do count – if you consume more than you expend you will gain weight. Cutting back by as little as 500 calories a day and adding just 30 minutes a day of physical activity could be all the adjustment a person might need. Could the time spent shopping the commissary for healthier food choices count toward that 30-minute requirement? It certainly could!

Get the most nutrition out of your

Please see nutrition, Pg. 6

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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
FPO AP 96322-1100

Advanced education vouchers let chiefs go back to school

FLTCM(AW/SW) Jon R. Thompson
Atlantic Fleet Master Chief

The Navy is about to make good on a long-awaited commitment to its senior enlisted ranks. Advanced Education Vouchers will be awarded to a select group of Chiefs, Senior Chiefs and Master Chiefs who desire to further their education while on active duty. I believe this is a tremendous step in helping the Navy achieve a more educated senior enlisted population.

For years I have heard chiefs ask why the Navy hasn't made it easier to obtain a degree. Under the Chief of Naval Operations (CNO) Human Capital Strategy, I can say the doors are opening now faster than ever before. My question to you is: Are you going to apply for one of these vouchers? My sincere hope is that when the Master Chief Petty Officer of the Navy convenes the board to select the chiefs who will be awarded vouchers, the input from the fleet will be overwhelming.

The Advanced Education Voucher Program was formally announced in NAVADMIN 291/04. The deadline for submission is March 10, 2005. If you are interested in applying, please consult the NAVADMIN because there are specific requirements you need to know about.

Instead of reiterating all the specific

information in the NAVADMIN, I'd instead like to further discuss the need that drove the Advanced Voucher Program.

The training and experience you garner from a tour (or career) in the Navy is invaluable. However, for enlisted Sailors, a missing piece of the puzzle has often been formal education. Too many Sailors (all pay grades) have left the Navy only to be disappointed that they were not very competitive in the civilian world because they had experience but no college. The Navy recognizes that and is now doing many things to help you gain that education.

I've spent a good deal of time listening to you and I think I know your feelings about education. My impression is those of you who further your education seem to have more opportunities. You also seem more confident and are less afraid of what may lie ahead when you depart the Navy.



Atlantic Fleet Master Chief

One of the questions I sometimes get is, "why is the Navy going to make it mandatory for Sailors to obtain a college degree before they can be advanced?" While there is no single answer to that question, I tend to view this requirement in the following way: By the time you become a Master Chief, you are working side by side with flag officers, commanding officers and executive officers. Often a Master Chief has equal to or more time in the Navy than their bosses. However, when it comes to education, there tends to be a gap. Think of the potential of having our senior enlisted on the same education level as our more senior officers.

Education is not just about earning a degree. This requirement is not just a check in the block. Education expands one's mind and allows for more analytical thinking and creative problem solving.

Navy experience is of course a large part of these processes, but it does not represent 100 percent of the pie.

The Advanced Education Voucher program is going to allow our chiefs to compete for dollars to earn their education. Those who receive the vouchers will complete their baccalaureate or master's degree and then head back out to the fleet armed with more knowledge and a better understanding of leadership and management. I can't think of a single reason why, provided your PRD matches up for the program, you wouldn't want to at least apply for this program. Talk about a jump start on your future!

Shipmates, whether you earn your education via the Advanced Education Program or you do it through other means, one thing is for sure — those of you who continue your education put yourself in the drivers seat. Tomorrow's Navy is going to look for Sailors who are not only great at their jobs, but also academically sound.

Our future Master Chiefs will have degrees, and our top Master Chiefs will have master's degrees. My advice to everyone is to start on your education as soon as you can.

The Navy is evolving, don't get left behind.

Women's History Month presents women's military firsts

Lt. Maribel Mercado
CFAS Staff Judge Advocate

Women's History Month (WHM) begins this week. This week, we take a look at some women's military firsts. For more information on WHM, contact the Staff

Port Operations officer earns promotion...



Newly promoted Port Operations Officer (right), stands at attention as the Commander, Fleet Activities Sasebo (CFAS) pins on his new collar devices during a promotion ceremony Tuesday, March 1, in front of CFAS Headquarters. After the ceremony, the Port Operations Officer addressed Port Ops personnel and thanked them for their hard work and support. "I really enjoy working at Port Ops," he said. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

- **Margaret Corbin**, who fought with her husband at Fort Washington, was the first woman awarded a pension for service. In 1779 Congress voted her a disability pension of one half a soldiers pay and one suit of clothes or the equivalent cash.
- **Dr. Mary E. Walker**, a contract surgeon during the Civil War, is the first and only woman to receive the "Medal of Honor".
- **Annie G. Fox** was the first woman to receive the Purple Heart for her service at Hickam Field during the Japanese attack on Pearl Harbor.
- **1Lt Cordelia E. Cook** was the first woman to receive the Bronze Star and the first woman to receive both the Bronze Star and Purple Heart. She served in the Army Nurse Corps during World War II in Italy.
- **Lt Edith Greenwood** was the first woman to receive the Soldiers Medal for her heroism in a fire at a military hospital in Yuma Arizona. (1943)
- **Lt Elsie S. Lott** was the first woman to receive the Air Medal for her actions as an air evac nurse in 1943.
- **Barbara Olive Barnwell** was the first woman to receive the Navy-Marine Corps Medal for heroism in 1953.
- **Colonel Oveta Culp** Hobby was the first woman to receive the "U.S. Army Distinguished Service Medal" in 1945.
- **Loretta Walsh** of Philadelphia was the first female Yeoman and she enlisted in March 1917.
- **Opha M. Johnson** was the first woman to enlist in the U.S. Marine Corps when she enlisted in August 1918.
- Twin sisters **Genevieve and Lucille Baker** were the first women to join the Coast Guard.
- **Sgt. Esther M. Blake** is the "first woman in the Air Force" having enlisted in the first minute of the first hour of the first day the regular Air Force was authorized.

- **Dr. Margaret D. Craighill** was the first woman to be commissioned into the Army Medical Corps.
- **Olive Hoskins** was the first woman promoted to Warrant Officer in the Army. (1926)
- In 1942 the first military all women band was organized at Fort Des Moines. It was called the **Women's Army Band**.
- **Members of the WAC** were the first women other than nurses to serve within the ranks of the United States Army.

It's Important ...

for you to know about the VA Benefits and services available to YOU AND YOUR FAMILY.

LEARN MORE ABOUT:

- Disability Compensation
- Montgomery GI Bill
- VA Home Loan
- SGLI / VGLI
- Medical Care
- and other VA issues

VA COUNSELING

Mar. 10, 11, 14, 15

0830-1600

Call FFSC at 252-3604 to for schedule an appointment with the VA Representative. First come, first served basis. Limited spaces available.

U.S. Pacific Command holds change-of-command

Army Staff Sgt. Bryan Beach
U.S. Pacific Command Public Affairs

Adm. William J. Fallon assumed command of U.S. Pacific Command (PACOM) from Adm. Thomas B. Fargo at PACOM headquarters Feb. 26.

During the change of command ceremony, Chairman of the Joint Chiefs of Staff Air Force Gen. Richard B. Myers, who officiated at the ceremony, presented PACOM with the Joint

Meritorious Unit Award.

"It's because of the efforts of the men and women of the U.S. Pacific Command that today, millions of people in the Middle East and around the world now have a choice," said Myers. "In the global war on terrorism, PACOM has met and conquered great challenges across great distances."

Under Fargo's command, PACOM was involved with numerous operations, ranging from combating terrorism in the

Philippines to most recently leading relief efforts from the December tsunami in Operation Unified Assistance. Fargo is retiring from military service after 35 years in the Navy and plans to live in Hawaii.

Fallon, whose most recent assignment was commander of U.S. Fleet Forces Command and U.S. Atlantic Fleet, is the 21st commander of U.S. Pacific Command.

"I pledge to you a dedication to the task of enhancing stability and setting the conditions for security environment in this region and throughout the world, to which people can truly live in peace and confidence," said Fallon during the ceremony.

Fallon was raised in Merchantville, N.J. A 1967 graduate of Villanova University, he received his commission through the Navy Reserve Officer Training Corps program and was designated a naval flight officer upon completion of flight training in December 1967. He has served on combat deployments to Vietnam and Operation Desert Storm. He has logged more than 1,300 carrier arrested landings and 4,800 flight hours in tactical jets.

Fallon is a graduate of the Naval War College, Newport, R.I., the National War College in Washington, D.C., and has a Master of Arts Degree in International Studies from Old Dominion University. Fallon has earned the Defense Distinguished Service Medal, Distinguished Service Medal, Defense Superior Service Medal, Legion of Merit, Bronze Star, Meritorious Service Medal, Air Medal, Navy Commendation Medal and various unit and campaign decorations.

As the senior U.S. military commander in the Pacific and Indian Ocean areas, Fallon leads the largest of the unified commands and directs Army, Navy, Marine Corps and Air Force operations across more than 100 million square miles. He is responsible to the President and the Secretary of Defense through the Chairman, Joint Chiefs of Staff and is the U.S. military representative for collective defense arrangements in the Pacific.

For more information about U.S. Pacific Command, visit <www.pacom.mil> or contact the U.S. Pacific Command Public Affairs office at 808-477-1341.



The new commander of U.S. Pacific Command, (center), the former commander (right) and the Chairman of the Joint Chiefs of Staff (far left) salute during the change of command ceremony for U.S. Pacific Command (PACOM) on board Camp Smith, Hawaii. U.S. PACOM's area of responsibility spans from the west coast of the United States to the east coast of Africa. PACOM was established Jan. 1, 1947, and located in the Makalapa Compound on the island of Hawaii, and moved to Camp Smith in October 1957. (Official U.S. Navy Photo by PH2 Dennis C. Cantrell)

Huff named Amphibious Force U.S. Seventh Fleet JSOY

JO2 James Kimber
Amphibious Group One Public Affairs

Yeoman Third Class Tyson L. Huff, Task Force 76 administration department leading petty officer, was selected as the Force Junior Sailor of the Year from a select group of Sailors from Amphibious Squadron 11 (CPR11), USS Essex (LHD 2), USS Fort McHenry (LSD 43), USS Harpers Ferry (LSD 49), USS Juneau (LPD 10), USS Patriot (MCM 5), USS Guardian (MCM 7), USS Safeguard (ARS 50) and Assault Craft Units One and Five.

"It shows that hard work pays off," said Huff. "It's an honor to be considered the best-of-the-best, especially when there are so many great Sailors in the forward-deployed amphibious force."

Throughout 2004, the Atlanta native was directly responsible for training, leading and supervising the administrative department, which included three Navy Reserve Sailors and one temporarily assigned Sailor; he single-handedly ensured the completion of more than 200 mission essential temporary assigned duties (TAD); and was trusted to coordinate all the Admiral's and VIP travel requirements in the Sasebo area while also serving as the command's duty driver watchbill coordinator.

"I am tremendously impressed with the superb-caliber of the Sailors in the Forward Deployed Naval Forces," said Rear Admiral Victor G. Guillory,

commander, Amphibious Force, U.S. Seventh Fleet. "Petty Officer Huff exemplifies day-in and day-out what it takes to be a model Sailor in our culture of readiness here in the Amphibious Force, Seventh Fleet. He goes beyond what is asked of him by not only completing the mission effectively, but finding the most efficient way to get the job done."



A Yeoman Third Class (right) accepts the Amphibious Force, U.S. Seventh Fleet Junior Sailor of the Year award from the Amphibious Force, U.S. Seventh Fleet deputy commander, Feb. 22, at the Task Force 76 building in Sasebo, Japan. (Official U.S. Navy photo by JO2 James Kimber)

Amphibious Force, U.S. Seventh Fleet is the Navy's only forward-deployed command and control staff for amphibious forces and operates in the Seventh Fleet area of responsibility. Its headquarters is forward deployed to Okinawa, Japan with an operating detachment homeported in Sasebo.

CFAS wishes QMC fair winds and following seas



A Chief Quartermaster (Surface Warfare) (right) receives the passing of the National Ensign from a Chief Culinary Specialist (Surface Warfare/Aviation Warfare) during his retirement ceremony. The chief quartermaster retires from active duty after 23 years of service. (Official U.S. Navy Photo by PHAN Marvin E. Thompson)

Children are welcome to visit the Main Base library on Saturday, March 12 from 2 to 3 p.m. for a special free St. Patrick's Day Storytime event. Children will be treated to snacks and drinks while they learn how to create their very own special Irish gift. For more information, call 252-3593.

Sign up now for the next Karatsu City Day Tour scheduled for Saturday, March 12. Cost, including transportation, escort and entrance fees is only \$16 for adults, 4-14 \$12, and 3 & under \$6. You'll visit Karatsu Castle and many other historic sights in and around the Karatsu area. For more information, call 252-3433.

Experience the great outdoors on this outstanding hiking and fishing trip through Ryumon Valley with a seasoned member of the Sailing & Outdoor Adventure Center staff. The next scheduled Ryumon Valley Hiking/Fishing Trip is Sunday, March 13 from 10 a.m. to 3 p.m. Cost is only \$12 per person. For more information, call 252-3500.

Gather up the kids and make a fun day of it at Acorn Village on Sunday, March 13 with your friends at Travel & Tours. They have horse rides, a roller slider, roller-skating, archery, grass skiing, an athletic field and even a road train. All rides are not guaranteed to be operational due to inclement weather or maintenance. Cost for the all-day trip is \$15 for adults, \$10 for young adults 12-18, \$8 for children 4-11 and \$4 for youngsters 3 and under. For more information, call 252-3433.

An excellent way to see and experience the rich, cultural heritage of Japan is to visit the city of Kumamoto where one of the most celebrated castles in Japan is located. Travel & Tours will take you there on Sunday, March 13 for only \$23 for adults, \$16 for children 6-15 and \$10 for youngsters 5 & under. Kumamoto Castle, surrounded


by a moat, was built in 1601 after 7 years of construction. In addition to the castle, you'll visit many other beautiful and exciting places in this great city, including Suizenji Jojuen Garden and the Kyu-Hosokawa Gyobutei, residential mansion of the Lord Hosokawa-Gyobu Clan. For more information, call 252-3433.

Golfers have until Tuesday, March 15 to register for the St. Patrick's Day Japanese/American Golf Tournament scheduled for Saturday, March 19 at the Tsukumo Golf Course. A \$5 registration fee is required at the time of registration. Golfers are encouraged to register as early as possible to guarantee a spot in the two-person alternate shot tournament. For more information, call 252-3588.

Celebrate St. Patrick's Day with Guinness & beef Irish beef stew and corned beef & cabbage, Shepherd's pie and other delights at the Harbor View Club's St. Patrick's buffet on Sunday, March 20 at 5 p.m. The regular menu will also be available. Live music by Innisfree is scheduled to begin at 7 p.m. Cost of the buffet dinner and show is only \$10.95 per person. For more information, call 252-3965.

Travel & Tours has scheduled an 'Adults Only Special' Kyoto City Four-Day Getaway Tour Wednesday through Saturday, March 23-26. Cost is \$100 per person, including transportation and all entrance fees (hotel and meals are not included). You'll stay at a Holiday Inn hotel for three nights and over the next few days you'll visit the Golden Pavilion (Kinkaku Ji Temple), Nijo Castle, the Heian Shrine, Kiyomizu Temple, To-ji Temple, Sanjūsangen-dō Temple, the Tenryūji Temple, Jojakkōji Temple, Sagano Bamboo Grove, Togetsu Bridge and many other exciting places in the area. Be sure to bring yen and dress for the weather. Holiday Inn accepts major credit cards. For more information, call 252-3433.

Hario residents are advised that during March 8-11 a contractor will be taking luminance measurements of the field lights at the Hario ball field between the hours of 4:30 p.m. until 4 a.m. Residents are advised that the field lights may be turned on and off several times during these hours.



Schedule for March 4-13

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie schedule is subject to change without notice.

FRIDAY, MARCH 4	SATURDAY, MARCH 5	SUNDAY, MARCH 6	MONDAY, MARCH 7	TUESDAY, MARCH 8	WEDNESDAY, MARCH 9	THURSDAY, MARCH 10	FRIDAY, MARCH 11	SATURDAY, MARCH 12	SUNDAY, MARCH 13
5 p.m. <i>PG</i> *Racing Stripes	2 p.m. <i>PG</i> Racing Stripes	2 p.m. <i>PG</i> Racing Stripes	6 p.m. <i>PG</i> Meet the Fockers	6 p.m. <i>PG</i> White Noise	6 p.m. <i>PG</i> Fat Albert	6 p.m. <i>PG</i> Closer	5 p.m. <i>PG</i> Elektra	2 p.m. <i>PG</i> Coach Carter	2 p.m. <i>PG</i> Racing Stripes
7:30 p.m. <i>PG</i> *Elektra	5 p.m. <i>PG</i> Elektra	5:30 p.m. <i>PG</i> Beyond the Sea	8:30 p.m. <i>PG</i> The Life Aquatic with Steve Zissou	8:30 p.m. <i>PG</i> Million Dollar Baby	8:30 p.m. <i>PG</i> Meet the Fockers	8:30 p.m. <i>PG</i> Million Dollar Baby	7 p.m. <i>PG</i> *Coach Carter	5 p.m. <i>PG</i> *In Good Company	5:30 p.m. <i>PG</i> In Good Company
10 p.m. <i>PG</i> *Closer	7 p.m. <i>PG</i> White Noise	8:30 p.m. <i>PG</i> Closer					10 p.m. <i>PG</i> *Assault on Precinct 13	7:30 p.m. <i>PG</i> Assault on Precinct 13	8:30 p.m. <i>PG</i> Assault on Precinct 13
	10 p.m. <i>PG</i> Closer							10 p.m. <i>PG</i> Million Dollar Baby	

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, MARCH 4	SATURDAY, MARCH 5	SUNDAY, MARCH 6	MONDAY, MARCH 7	TUESDAY, MARCH 8	WEDNESDAY, MARCH 9	THURSDAY, MARCH 10	FRIDAY, MARCH 11	SATURDAY, MARCH 12	SUNDAY, MARCH 13
6:30 p.m. <i>PG</i> White Noise	2 p.m. <i>PG</i> Fat Albert	2 p.m. <i>PG</i> Meet the Fockers	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. <i>PG</i> Meet the Fockers	6:30 p.m. <i>PG</i> Racing Stripes	2 p.m. <i>PG</i> Racing Stripes	2 p.m. <i>PG</i> Coach Carter
9 p.m. <i>PG</i> Beyond the Sea	6:30 p.m. <i>PG</i> Beyond the Sea	6:30 p.m. <i>PG</i> Million Dollar Baby				No scooters, skateboards, rollers or backpacks allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.	9 p.m. <i>PG</i> In Good Company	6:30 p.m. <i>PG</i> Elektra	6:30 p.m. <i>PG</i> Beyond the Sea
	9 p.m. <i>PG</i> The Life Aquatic with Steve Zissou		*a Premiere					9 p.m. <i>PG</i> Closer	


ELEKTRA (PG-13)
Starring: Jennifer Garner, Gwyneth Paltrow, Terence Stamp, Jason Jones and Will Yun Lee
Following the events of *Careful*, Elektra Natchios (talent enthusiast and assassin for hire) is recruited by the Order of the Hand, a group of assassins who helped train her. Assigned by the Hand's current leader (Kingsley), to kill a man, Mark Miller and his 13-year-old daughter (Avery), Elektra soon befriends them and decides to stand up to her nina puma. Elektra is especially motivated to do so when she discovers that Miller's Grandfather was an ally of her former mentor. Together, they take on King's lethal quartet.

CLOSER (R)
Starring: Julia Roberts, Jack Lane, Natalie Portman, Glen Owen and Michael Hooty
Set in contemporary London, this is the story of four strangers and their chance meetings, instant attractions and casual betrayals.

ASSAULT ON PRECINCT 13 (R)
Starring: Ethan Hawke, Laurence Fishburne, Mario Bello, John Leguizamo and Denis Leary
During a snowy New Year's Eve, a mobster is temporarily incarcerated at Precinct 13, the soon-to-close police station. As the sun sets and a long night begins, a motley crew of policemen and prisoners valiantly captained by a cop must band together to fight off a rogue gang that wants to free the mobster.

COACH CARTER (PG-13)
Starring: Samuel L. Jackson, Robert Richman, Riki Chiklos, Ashanti and Adam Rodriguez
This movie is inspired by a true life story of a controversial high school basketball coach who received both high praise and staunch criticism when he made national news in 1999 for benching his entire undefeated basketball team for poor academic performance.

Premiere Feature
RACING STRIPES • Rated PG
Starring: Frankie Muniz, David Spade, Steve Harvey, Duane Hutton and Marley Moore
In the middle of a raging thunderstorm a traveling circus accidentally leaves behind a baby zebra. Horse farmer, Nolan Welsh, takes him home to his young daughter and rescues the gangly little foal. The Welsh farm borders the Tarkey Racecourse, where highly skilled thoroughbreds compete for horse racing's top honor—the prestigious Kentucky Crown. From the first moment Stripes lays eyes on the track, he's hooked. He knows that if he could just get the chance, he could leave all those other horses in the dust. What he doesn't know is... he's not exactly a horse.



RACING STRIPES

Phil Eakins
Base Historian

You may not realize it, but a large orange torii gate standing next to Route 35 in Fukuishi cho marks the entrance to one of Sasebo's most mysterious places of interest.

After passing through the torii gate, continue up a short, narrow road until you reach the bottom of a steep stone stairway that rises sharply up the hill. At this point, drivers will have to park their vehicles since this road is a dead end.

Once you climb the small stairway, you'll notice two paths lay before you. Seigan-ji (temple) is located on the left side of a tall stairway. The place of mystery, however, is located at the very top of this stairway.

Be careful as you begin your climb; the dark stone steps are worn smooth over the years and moss growing on some of the stones can make the steps a little slippery.

After reaching the top you'll arrive at the shrine that shelters the Fukuishi Kanon, the Buddhist Goddess of Mercy. One thing you'll notice right away is that the back of the shrine is built into a rock wall. In fact, a semi-circular cliff frames the rearmost area of the compound.

Local historians say a famous priest named Gyokko carved the 11-headed kanon image, measuring just over 7' tall, during Japan's Nara Period (710-794 AD). The shrine building was erected in 1785. Because Fukuishi Kanon is considered a sacred place, the priests decided to preserve the shrine's original appearance. The building's exterior looks essentially the same as it did 220 years ago.

The lower part of the rock wall surrounding the back of the shrine features a partially hidden shallow ledge where many stone statues have stood for decades. It's been said an estimated 500 stone statues were once scattered throughout the compound; today that number is much smaller, but a wide variety of moss-covered statues remain.

One local resident I spoke with mentioned that Fukuishi Kanon's background has a bit of spookiness to it. He says the small statues may represent *obake*, or ghosts, and that the large number of statues concentrated in one area suggests priests wanted to keep the ghosts there instead of roaming through the village.

No matter how you look at it, Fukuishi Kanon has long been one of Sasebo's most famous scenic spots. One of the best times to visit the shrine is in early August during the Sennichi (One Thousand Days) Festival. During the festival colorful paper lanterns hung near the torii gate beckon yukata-clad residents from neighboring chos to join the fun.

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7. This pass has no expiration date.
8. No refunds, credits, exchanges or status are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use in the Showboat & Village Theater.

CFAS Firefighters graduate academy with EMT qualifications

Richard S. Rhode
CNFJ Region Fire Dept. Chief

Seven Fleet Activities Sasebo (CFAS) firefighters were among 48 graduates of Nagasaki Prefecture's Omura Firefighting Academy Feb. 24. The students represented ten fire departments on Kyushu at locations ranging from Sasebo City, Goto Isle, Nagasaki, Isahaya, Shimabara, Hirado, Tsushima and Iki Islands, Omura, and Matsuura.

The 7-week course tested the academic and hands-on skills within the classroom, the ambulance, and the hospital. Four written exams were part of the curriculum as well as performance tests dealing with subjects varying from strokes, heart attacks, open chest wounds, airway management, patient assessment, and ambulance driving.

Early in the program a physical fitness test was undertaken by the students whose ages ranged from the early 20's to 45 years of age. CFAS's Shigenobu Aikawa was the 45-year-old firefighter who distinguished himself by setting a new academy push-up record for his age group by performing over 95 push-ups during the physical fitness test. Aikawa was also selected as the honor graduate during commencement ceremonies based on his overall performance and leadership.

All students were required to stay overnight at the academy except on weekends. Lights out occurred at 10 p.m. and wakeup was 7 a.m. prompt. Each student was assigned a sleeping space on one tatami mat and had to fold up their futon using exact special folds taught to them during the course. All meals were consumed within the academy's mess hall. The typical day began with roll call followed by student inspections of ambulances and equipment. Marching skills were

developed through flag details, and formations at various periods designed to produce teamwork and unity.

The firefighters were divided up into crews of three and rotated through assigned positions such as

hospital their duties included assignment to the Intensive Care Unit where each student was assigned to a doctor. They assisted the doctor in taking patient vital signs (blood pressure, heartbeat, temperature, breathing rate, etc), using stethoscopes, sphygmomanometers, and thermometers. They accessed patient charts and entered data as directed by the physician.

Another source of study was a series of field trips to Nagasaki Hospital College where they turned their attention to deceased patients by cutting into torsos to extract the contents for inspection and weighing. One of their performance tests involved replacing the organs one at a time into its proper location.

CFAS's newest Firefighter/EMT's will be assigned to Hario Housing Community and Main Base Fire Stations to upgrade emergency response

capability at those locations. The seven Firefighter/EMT's are: Shigenobu Aikawa, Takuya Kura, Tamotsu Inoue, Ryo Rikitake, Sadamitsu Onizuka, Kaoru Tominaga, and Tomomasa Sakisaka. The graduation ceremony was attended by Capt. Michael L. James, Commander, Fleet Activities Sasebo, Fire Chief Richard S. Rhode, and fire department Drillmaster Thomas Epperson.



Graduates of Nagasaki Prefecture's Omura Firefighting Academy pose for a photo. The graduates are joined by the Commander, Fleet Activities Sasebo (CFAS) and the CFAS Fire Chief. The course lasted 7-weeks, and tested the academic and hands-on skills within the classroom, ambulance and hospital. These latest graduates will be tasked with improving the emergency response capabilities of Hario and Main Base fire stations. (Released by CFAS Public Affairs)

ambulance driver, ambulance crew chief, and the Emergency Medical Technicians (EMT) assisting the patient in the rear of the vehicle as it sped from the scene to the hospital. The students were assigned twice to hospitals during the course and had to perform five hours of service apiece after a full day of study. At the

Nutrition, From Pg. 2

Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. Vary your protein choices –with more fish, beans, peas, nuts and seeds.

Get your calcium-rich foods. Get three cups of low-fat or fat-free milk – or an equivalent amount of low-fat yogurt and/ or low-fat cheese (1 1/2 ounces of cheese equals one cup of milk) – every day. For kids aged two to eight, it's two cups of milk. If you don't or can't consume milk, choose lactose-free milk products and/or calcium-fortified foods and beverages.

DeCA operates a worldwide chain of nearly 275 commissaries providing groceries to military

personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a five percent surcharge, which covers the costs of building new commissaries

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element, and a valued part of military pay and benefits, commissaries enhance the quality of life for America's military and their families, and help the best and brightest to serve their country.

For more information, call 252-3675.

"Find your balance between food and physical activity. Calories do count – if you consume more than you expend you will gain weight."

-Kay Blakley
DeCA Europe Consumer Advocate



Budget for Baby: Base Wide Baby Shower

Navy-Marine Corp Relief Society invites expectant and new parents to our "Budget for Baby: Base Wide Baby Shower"

Where: Community and Education Building

When: March 10, 2005

Time: 11:00 to 1:30

Come and find out what our base has to offer for new and expectant parents. WICO, FFSC, EDIS, car seat installation, giveaways, and much more!

Participants will be eligible for a chance to win a car seat.

Safety Corner: Follow these tips on ear and nose cleaning

Charles Carr
CFAS Safety Department

Foreign body in the ear: The protective structure of the outer ear prevents objects from easily entering its middle and inner parts. However, children (and some adults) often put foreign objects into the ear and occasionally bugs or other objects may accidentally enter.

Treatment: Never attempt to remove a foreign object that has entered the ear canal by poking it with a matchstick, bobby pin, cotton swab, or similar probe. This action may push the object in farther or cause damage to the middle-ear structure. A soft object that is not deeply embedded and is clearly visible may be withdrawn carefully with tweezers. For all objects that

cannot be dislodged by tilting the head to the side and shaking (not hitting), see a doctor or go to an emergency room promptly. Put oil (mineral, vegetable, or baby oil) in the ear only if a live insect becomes lodged in the ear canal. In that case, filling the ear canal with oil will suffocate the insect.

Removal by a doctor will then be feasible. If there is any question about material remaining in the ear, a doctor should see the person for a thorough exam.

Foreign body in the nose: Most foreign objects lodged in the nose are placed there by curious children or by adults who pack bits of cotton or other substances in their noses to stop bleeding.

Sometimes a child will place an organic substance in a nostril and it will not be noticed until it releases an unpleasant smell.

Treatment: Do not attempt to poke at an object in the nose with a toothpick, swab, or similar probe, which can drive it farther into the nose. Do not allow the person to inhale forcefully through the nose. Have the person breathe out through the mouth. Have the person gently blow his nose to see if that dislodges the object.

Avoid repeated or very forceful nose blowing. If the object is visible at the entrance to the nose and can be safely reached with tweezers, try to remove it.

Do not attempt this on a child who is thrashing and uncooperative. If these attempts at removal do not succeed, take the person to an emergency room.

A doctor should attend to any foreign body that has been in place for several hours or days.

CLASSIFIEDS

VEHICLES

(Exp. March 17) **1990 Mazda Miata Eunox Roadster.** Silver w/black soft top interior, 102,000 km. A/C, Radio/CD stereo, rollbar. Everything works. Looks/runs good. Sporty, fun car, \$2,000. Call 090-9580-6322 or 080-6501-4243.

(Exp. March 17) **1995 Honda Odyssey,** asking \$3,600. Seats 7. New JCI and brakes. Includes color DVD player, CD, and extra brakes for future use. Runs perfect. Call 252-8202.

(Exp. March 17) **1990 Toyota Camry,** asking \$1,300 obo. 4 door, auto 6 cycle. JCI '06. Very dependable car. Call 252-8195.

(Exp. March 24) **1995 Honda Civic,** JCI 06, Radio and 6 disk CD player, asking \$2,700. Call 080 3223 0679 or 252-8478.

(Exp. March 24) **1999 Mitsubishi RVR,** JCI 06, excellent condition , asking \$3,500. Call 080 3428 9754 or 252-8228.

(Exp. March 24) **1999 Toyota Duet,** JCI Nov, 05, asking \$4,400. Also selling **1988 Toyota Van,** diesel, JCI 06, asking \$2,800. Call 252-3408/2147.

MISCELLANEOUS

(Exp. March 17) Moving Sale. Almost anything in home for sale. Call 252-8202 for list or to make viewing appointment.

(Exp. March 24) Carpets, brown fleck 12' x 9', \$60. Blue and cream with 6' x 9' border, \$50. Call 2527186.

(Exp. March 24) Ashley couch and loveseat set, two years old, dark blue. In great condition, asking \$350. Call 080 3428 9754 or 252-8288.

HOME BUSINESS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 FMI.

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736 5393.

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555. Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Summer Catalog available. New Products. Call me anytime at 080 5201 7164 or ext. 7302.

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863. Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio has gone digital! \$75 includes a photo session of up to 150 pictures, a CD of all photos taken and 1, 8x10 portrait. From casual and glamour to kimono. Film photo sessions start at \$35 for 24 pictures. Call for an appointment for a professional and personable experience at an affordable price. 252-7158 or 090 4515 7655 or e-mail <shirleypix@yahoo.com>.

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School).

Language Instructor-Japanese or English. private and group rates. Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include help with communication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at <www.photographybyferna.com>.Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080 5246 2643 or 0956 24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor. Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated

vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

Looking for high schooler to help tutor on math & English skills for three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

Will pay cash for your old gold and silver jewelry, ingots silver or gold coins, sterling cutlery, cups and plates. Willing to pay best possible prices based on current international gold and silver value indexes. Contact Dr. David Holmes-Smith to set a time to meet and weigh out the items you would like to sell. There is no obligation to sell after quote has been given. Call 090 9477 8875 before 7:45 a.m. and after 3 p.m. Monday through Friday and anytime on weekends.

Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. Book your show today and recieve a gift for hosting your show, 10 percent discount card good for one year, bonus points for free products and more! New Spring/Summer catalog available. Call me anytime 080 5201 7164 or 252-7302.

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Phone: 252-3044 Fax: 252-3043
comm: 011-81-956-50-3044 commfax: 011-81-956-50-3043

NDTA SCHOLARSHIP

The Honshu Chapter of the National Defense Transportation Association (NDTA) will award between four and eight scholarships, in amounts of \$250 - \$1,000 to mainland Japan high school seniors graduating in 2005. All DoDDS high school guidance counselors in mainland Japan have the scholarship package. The deadline for submission is May 13, 2005.

If you would like to place an ad in **Soundings**, e-mail us at <soundings@sasebo.navy.mil>, or call 252-3485/3409.

MILITARY.COM SPOUSE SURVEY

on licensing and certification issues

<http://www.military.com/survey/spouse>

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WHAT'S HAPPENING?

NMCRS is looking for volunteers

Receptionist Wanted

Have you ever wanted to work for an organization whose whole purpose is helping others? Volunteering for the Navy Marine Relief Corps Society is an excellent way to build new skills and to gain the satisfaction of serving others. **Opportunities include:** Serving as the first point of contact with clients, helping to assess needs and to matching potential programs to satisfy those needs Working with others in a warm, friendly environment. Setting your own hours, flexible days and hours available Building new skills or keep current on the skills you currently possess. Child-care and travel reimbursement provided.

Caseworker Wanted

Are you good at searching for clues and solving puzzles? The Navy Marine Relief Corps Society has a volunteer opportunity may be for you. (You will even be able to answer the age-old question: "What in the world does my LES say anyway?")

Opportunities include:

Helping to gather all relevant information and creating budgets (The puzzle part) Searching for solutions for financial difficulties (The detective part) Knowing at the end of the day that you have helped out (The satisfying part) If the above three are not enough, casework is an excellent resume builder. You will also meet new people and have a chance to challenge yourself intellectually.

Child-care and travel reimbursement provided. Confidentiality required.

Contact: Jessica Grant at 252-3366, or by E-mail at <nmcrs@cfas.navy.mil>.

Theater Moolah Readily Available

Now you can purchase up to four different MWR Theater Moolah Gift Certificates at the Community Activities Office located at the Sailing & Outdoor Adventure Center. Moolah Gift Certificates are available for children, admission only (\$2); adults 12 years and above, admission only (\$3); a snack certificate good for a regular soda and popcorn (\$3.25); and a Combo Snack Pack gift certificate good for a soda, candy bar and popcorn (\$3). The Moolah Theater gift certificates, honored at both the Showboat and Hario Village theaters, make ideal holiday stocking stuffers or as gifts for loved ones throughout the year. They also make ideal gifts for coaches and teachers to distribute or they can be used as party gifts. Theater

Moolah gift certificates are good for six months from date of purchase. For more information, call 252-3320.

Get in Shape, Stay in Shape

You can start taking off those extra pounds and get in shape by participating in one or more of the free group exercise classes offered weekly at the Spare Time Recreation Center Aerobics Room. Turbo Kickboxing is offered there every Monday and Wednesday at 5:30 a.m., while Total Body Conditioning exercise classes are offered every Tuesday and Thursday at 8:30 a.m. You can join in the Multi-Step group exercise class on Wednesdays at 8:30 a.m. Core Strength and Conditioning exercise classes are held every Wednesday at 11:30 a.m. For more information, call 252-3588.

E.J. King PTO Note

The E. J. King High School Parent Teacher Organization (PTO) invites all families of E. J. King students in grades seven through 12 to join, work together, get involved and help support the E. J. King High School community. In the upcoming months, there will be officer position vacancies that need to be filled. Be part of the support network for E.J. King! For more information, contact E. J. King High School at 252-3059, Ms. Eva Dugas, or Ms. Christel Breeze.



Fleet Gym 252-3588

Hario Gym 252-8691

Team CFAS wins 2004 intramural sports Captain’s Cup



Commander, Fleet Activities Sasebo (CFAS), the President of Navy League Sasebo Council and the Associate Vice-President Navy League Sasebo Council present the 2004 intramural sports Captain’s Cup to one of the athletes Feb. 28. (Official U.S. Navy Photo by JO1 (SW) Ron Inman)

2005 Captain’s Cup Challenge promises a bright new year for CFAS intramural sports

Isaiah Minks
MWR Athletics Director

Fleet Activities Sasebo Sports program finished 2004 with many events throughout the year. Congratulations to the 2004 Captains Cup Champions, Team CFAS! Another Congrats goes out to USS Guardian for finishing second in the competition. Now we enter the year 2005 with a whole new calendar of events to keep everyone busy for the entire year. We will offer the traditional sports as always, but I would like to take a moment to mention some of the “non-traditional” sports

that MWR will offer. Some of the non-traditional sports and new events scheduled for 2005 include Pickle Ball, team dodge ball, badminton, ultimate frisbee, floor hockey, indoor soccer, quickball, handball, sports trivia Bowl, track meet, mini-soccer, wallyball, innertube water polo, card tournaments, arena football, disc golf, table tennis, darts, billiards, kickball, Command Sports Challenge, and various fun runs. which will include a Captains Cup Challenge Trophy to be awarded to the Command with the most Captains Cup Points. Check out Showcase Magazine or Sasebo Soundings, or for more information call the Fleet Gym at 252-3588.

Fitness Tip: The often overlooked personal cost of obesity

Alec Culpepper
Fitness and Aquatics Director

Obesity is not good for you physically, and it may not be good for you financially either. The increase in body weight of people during the past 20 years has been dramatic, with the average weight of both men and women increasing by about seven percent. This has resulted in a large increase in the number of obese individuals, who now represent approximately one third of the adult population. The cost of obesity to U.S. companies amounts to more than \$13 billion annually in decreased productivity and increased medical fees. It is estimated that obesity results in the annual loss of the equivalent of 39 million workdays.

As obesity closes the gap on smoking as the number one preventable cause of death, some economist predict that these costs will increase rapidly in the years just ahead. Much of this increased cost occurs because obese people experience chronic disease more frequently than non-obese individuals. As a result, both they and their employers pay more for medical care. Moreover, obese people pay an average of \$10,000

more during their lifetime for medical care related to chronic disease than their non-obese counterparts.

The changes in behavior patterns that are driving obesity include: 1) an increase in foods eaten away from home and 2) a decrease in physical activity because of increased technology. As previously discussed, both individual medical costs and employer-borne costs are higher for obese individuals. When reduced to its most basic variables, increase in body weight that leads to obesity is associated with individual choices related to eating and physical activity.

Second place trophy presented to USS Guardian athletes



The CFAS CO presents the team captian for USS Guardian, with the second place trophy for MWR’s Captain’s Cup. (Official U.S. Navy Photo by JO1 (SW) Ron Inman)

Upcoming Sports/ Events

March Madness 5-on-5 Basketball Tourney:

Friday and Saturday, March 11-12
Start Time Friday 5:30 – Saturday 9 a.m.
Event will be held at the Fleet Fitness Center
Team entries due to the Fleet Fitness Center Office by March 8. Double Elimination, 5-On-5 Tournament. Awards to top three Teams along with First Team Individual, MVP and Sportsmanship Awards

100,000 Steps

Hario Fitness Center
March 1– April 30. Participants need to use a pedometer to daily log their steps during the day. Pick up a log card at the fitness center to enter your steps (it only takes 1,640 steps per day to win). A coupon book good at MWR facilities will be given to the winners.

Adult Introductory Fitness Clinic

March 8, April 5 at 6 p.m. Hario. Free.

March Madness 5K run

Friday, March 4 at 11:30 a.m.
Race will be held at Nimitz Park in front of the USO. Awards will be given to the top finishers. (No parking is available at Nimitz Park).

Winter Basketball Standings			Flag Football Standings		
(as of March 1, 2005)			(as of March 1, 2005)		
Rank	Wins	Losses	Rank	Wins	Losses
1 Showtime	13	4	1 Dragons	20	2
2 Outlaws	13	5	2 Hooligans	9	10
3 Wolfpack	4	7	3 Guardian	6	4
4 Seabees	2	9	4 Hitmen	4	12